

the
Dayton
Synchronettes



SYNCHRONIZED SWIMMING

By Jane Katz, Ed.D.

Synchronized swimming has grown phenomenally in the last 35 years. It became an official A.A.U. sport in 1945, with the first American national competition held in 1946 in Chicago. Masters Synchronized Swimming began in 1975. During the past decade the program has steadily grown to where 1/10th of all registered synchronized swimmers are Masters competitors.

The 1984 U.S. Masters National Synchronized Swimming Championships held in Orlando, Florida drew the largest number of competitors for any U.S. Masters National Synchronized Swimming Championship. Thirty-one teams competed at the Hilton Inn Florida Center, October 26-28, 1984. Eighteen states and the Province of Ontario were represented. Ontario led with 5 clubs followed by New York with 4. The 1984 Synchro Masters National team winners were the Dayton Synchronettes from Dayton, Ohio.

Dayton Synchronettes 1984 Masters National High Point Champions. Award presented by Florida State Senator, George Stuart, Jr., representing the Greater Orlando Sports Organizing Committee, sponsors.



*Jane Katz and Margaret Johnson
Manhattan Plaza Masters
Duet Synchro Partners*

As promised in my last article, I have included a sample beginning Synchronized Swimming workout for your enjoyment. This plan has many valuable components. You can pick and choose whichever parts appeal to you in the Main Swim to add up to 20 - 30 minutes of swimming. A word of caution: Always do your warm-up and never forget your cool-down before getting out of the pool. Your body prefers to have its metabolism speed up and slow down gradually.

Warm-up: At least 5 minutes. Slow deep-water bobbing; 100 yards of easy crawlstroke; 100 yards of easy windmill backstroke; treading in place, lifting arms out of the water and supporting yourself only with your legs.

Main Swim: 20 - 30 Minutes. On your back, scull 25 yards, head first (fingers upward); scull 25 yards, feet first (fingers downward); tuck turns at the wall, to the right and to the left; swim the width of the pool underwater, using the breaststroke (or go as far as you can); return using easy breaststroke variation.

Stroke Skills: Swim 50 yards alternating crawlstroke and backstroke; swim 50 yards creating your own stroke variations.

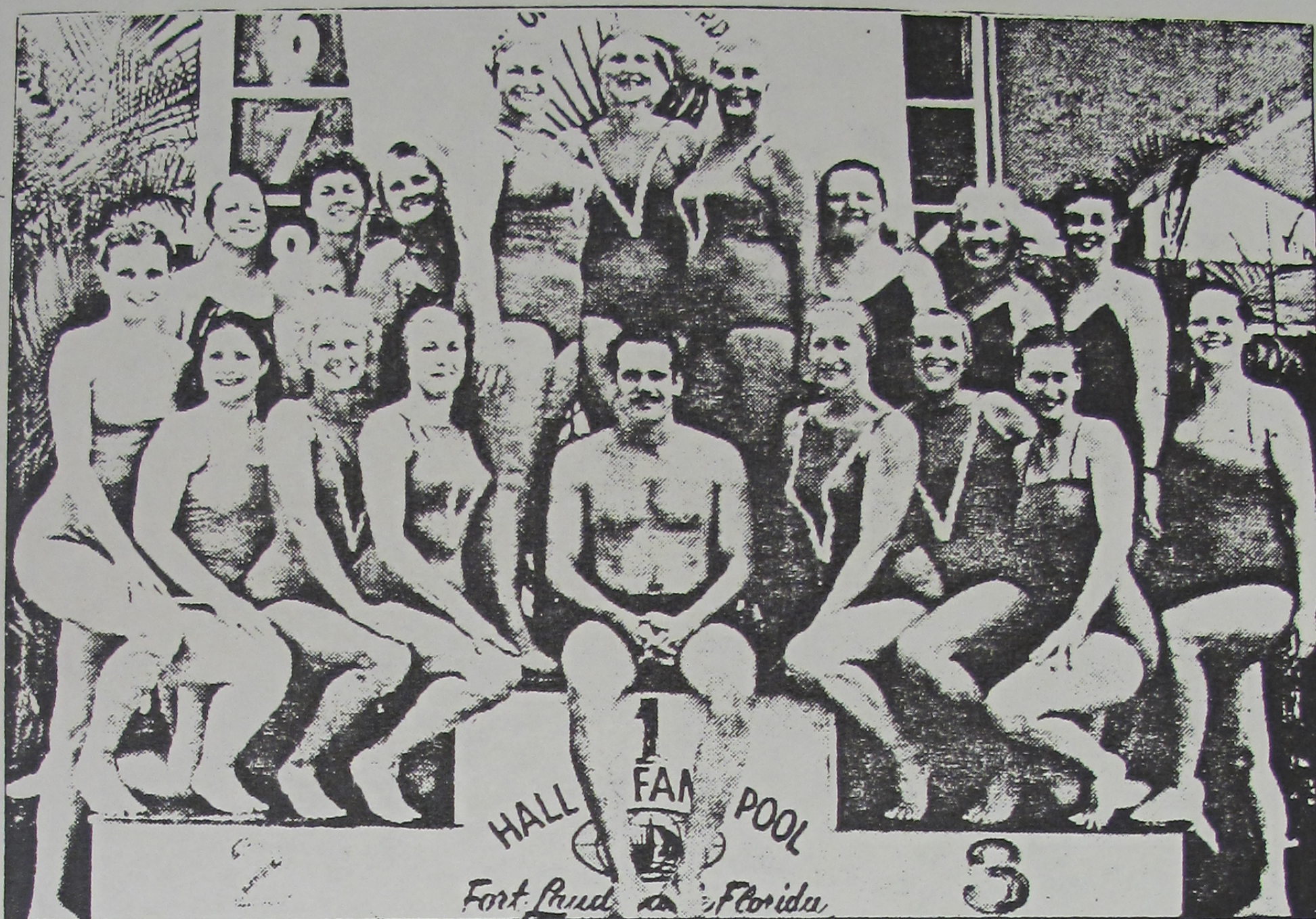
Figure & Stroke Combinations: Repeat the following sequence for 25 yards: 3 crawlstrokes with your head up, log roll, three back strokes, then clam until you reach the wall; at the wall, do a half shark circle; repeat the following sequence for 25 yards: 2 sidestrokes, log roll with flutter kick, 2 breaststrokes, a tuck half-turn; ballet legs: in a back layout position with your feet on the lip of the pool, scull while bending your knees alternately (marching steps), then lift one leg to the extended ballet position; support sculling: with your back against the wall, lower your body under water as far as possible, sculling down, then scull your way up. Repeat.

Cool-down: About 5 minutes. Easy sculling for 25 yards; swim gently for 50 yards, keeping to the rhythm of your favorite slow-tempo song; easy treading; stretch arms and legs at the wall.

Although it's not always possible, you might be able to set up a portable tape player at the side of your pool to bring music into the act. Synchronize your swim movements to the music. Bring songs of various tempos and pace the parts of your workout to the appropriate beat.

For further information about Masters Synchronized Swimming and how to contact your local association, write to: U.S. Synchronized Swimming, Inc. 901 West New York Street, Indianapolis, IN 46223.

Jane Katz, Ed.D., is a champion swimmer as well as an educator, author and lecturer on health, physical fitness, and especially, aquatics. She is the author of the forthcoming publication The W.E.T. Workout.



The national champion Synchronettes — front row, left to right: Jan Koszycki, Connie Cooper, Ann Lenz, Carolyn Madden, Larry Baron, Marty Strawser, Vera Stewart, Kathy Kemper and Lieneke Keihl. Back row: Made-

lyn Coons, Jeanne Kuhls, Marian Kretschmer, Marj McClung, Jess Eastwood, Jean McMaken, Marilyn Miller, Lucy Heberling and Shirley Monce.

Synchronettes members excel in a showy sport

By RON JACKSON
Daily News Special Writer

Many members of the Dayton Synchronettes, the 1982 national champions in Masters competition, remember when synchronized swimming was more show biz than sport.

Back in the '40s Esther Williams swam her way through M-G-M movies in sequined bathing suits and with Vaseline on her flower-festooned hair.

"Watching her is how I became interested in it," said Marj McClung, coach and founder of the Dayton Synchronettes. "She came in as a swimmer (Williams was the 1939 American 100-meter freestyle champion) but her skills in synchronized swimming didn't touch the tip of the iceberg. Since then the sport has become a full-fledged athletic program."

And it's going to the Olympic Games in 1984.

"THE SPORT HAS gotten bigger and better with the Olympic recognition," said McClung of 6827 Yankee St. in Washington Twp. "The moves they're doing now are highly technical and demanding."

She pointed out that there were nearly 150 competitors from 16 states and Canada at the 1982 Masters National Synchronized Swimming Championships last month at the Hall of Fame Pool in Fort Lauderdale. That is almost double the number in 1979.

The masters program is designed to promote lifelong participation in synchronized swimming through competition. The competition is divided into five- or ten-year categories from 20 to 90-plus.

"This is the greatest thing ever to happen to me," said Adele Gibbs, a member of the Synchronettes since 1954. "You

can compete year after year and you don't have to stop because of age."

SYNCHRONIZED SWIMMING is the execution of precision movements on, above or below the water. It's often described as a ballet in water. The masters athletes go through a number of routines known by such names as Eiffel Tower, Flamingo, Albatross, Dolphin and Castle.

"Believe me, it's a challenge to keep your body in position," said Jean McMaken who won three gold medals at the nationals. "It's difficult turning and twisting upside down. It's all creative though. I appreciate the dance and music that is involved."

McMaken won the 65-69 solo competition, and the 60-69 duet with Jess Eastwood. Other gold medals were won by Carolyn Madden and Marty Strawser in the 40-and-over duet. They teamed up with Marj McClung to win the 50-59 trios, too.

COMING AWAY WITH silver medals were Larry Baron and Connie Cooper in 20-and-over mixed duet, Marian Kretschmer in 50-54 solo and 40-49 duet with Jeanne Kuhls; Kathy Kemper and Jan Koszycki in the 20-29 age division.

Other Synchronettes who competed in the nationals were Ann Lenz, Vera Stewart, Lieneke Keihl, Marilyn Miller, Madelyn Coons, Lucy Heberling and Shirley Monce.

The Synchronettes captured the overall high-point trophy for the second year in a row with 151 points to runner-up D.C. Masters' 91.

Members of the team who didn't make the trip were Toby Boedecker, Marcy Corrado, Cynthia Good, Lynn Lasky, Barb Losch, Ann Swartzel, Liz Taber, Ann Williams and Adele Gibbs.

It is the 30th year for the Synchronettes organization.

Ski 1 set f

The American County Unit, w Ski-A-Thon fro 22, at Sugarcre public and wil cancer.

Each particip amount for eac clude a season as well as ski e area ski shops.

For sponsor f 223-8521.

Seniors

Centerville H the Golden El board of Cent members of th munity, 62 year ter for a Golden

The pass w Centerville-Wa tunity to view occurring at Ce serve as a gene son home cor basketball, wre Applications Unit Office of Franklin St., be p.m. Mondays t

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The ACBL t tournament b Mexico and B ments a year, throughout the

Wins C

Thomas M. Ohio State Un ship recently the son of The owcrest Lane.

Centerville swimmer earns pair of firsts at state s

• Duet Competition 7-3

Synchronettes earn national awards

The Dayton Synchronettes, synchronized swim team, recently traveled to Richmond, Virginia where they captured the high point award with 134 points in the 1987 Masters National Synchronized Swimming Championships.

The Dayton team had 20 swimmers who competed in a field of 199 entrants from 30 different teams and they earned their share of hardware through it all.

In the Solo event, Chare Muth took first in the grand master's 20-24 age group as did Marian Kretschmer in the 55-59 bracket while Jeanne Schlagetter finished second in the 45-49 age group and Kathy Kane finished fifth in the grand master's 25-29.

Ann Lenz teamed with Marj McClung for first in the Duet event for 50's while Carolyn Madden and Marty Strawser took first in the 60's duet. Muth and Dee O'Hara-Towner earned third in the grand master 20's duet and Jess Eastwood and Jean McMaken were second in the 60's duet.

Trio first places were earned by all three competing teams from Dayton as Lieneke Keihl,

Elaine Pottenger and Ann Williams won the 30's; Lenz, Madden and Strawser the 50's and Eastwood, McClung and McMaken the 60's.

In Team competition, Kane, Keihl, Muth, O'Hara-Towner, Pottenger and Williams took first in the 20's while Kane, Keihl, Williams, Pottenger and O'Hara-Towner then teamed with Marian Kretschmer,

Frank O'Hara-Towner and Jeanne Schlagetter to win the Mixed 20's.

Eastwood, Lenz, Madden, McClung, McMaken, Strawser and Adele Gibbs combined for a win in the 60-and-over while Kretschmer, Schlagetter, Madelyn Coons, Marilyn Miller, Shirley Monce and Vera Stewart took second in the 45-and-over.

In Figure Competition, Muth won the 20 age bracket; Kretschmer the 55 bracket and McMaken the 70 age bracket. Frank O'Hara-Towner was runner-up in the 25 age group while Lenz was in the 55 and Eastwood was in the 65.

Pottenger and Monce took thirds in the 30 and 55 age groups respectively.

NYSCA sets coaching clinics

The National Youth Sports Coaches Association will conduct clinics for volunteer coaches' training in volleyball and basketball.

The first-year program is broken into two, three-hour sessions. The first is a Core meeting directed to all youth sports and it will cover "The Psychology of Coaching Youth Sports," "Maximizing Performance in Youth Sports," and "First Aid and the Volunteer Coach."

The second session is a sport specific meeting which focuses on specific sports and covers "How to Organize a Fun and Interesting Practice," and

"Teaching Techniques Part 1 and 2."

A simple certification exam will be given following the six hours of instruction in order to determine how well the information was understood. There is a \$15 certification fee to cover the cost of materials and it must be paid during the first evening of instruction.

Core meetings will be held for volleyball coaches at the Kettering Rec Center on Monday, Oct. 19 and in Dayton at Corpus Cristi School on Monday, Oct. 26. Volleyball sport specific meetings will be held at St. Alberts School on Thursday, Oct. 15; at Kettering Rec Cen-

SYNCHRONIZED SWIMMING

The Dayton Synchronettes won the high point award in the 1987 Masters National Synchronized Swimming Championships at Richmond, Va., Oct. 8-11.

Twenty members of the Synchronettes combined to win 10 gold medals, three silver and one bronze in divisions for ages 20 to 80.

GOLD MEDAL WINNERS

Solos — age 20-24: Chare Muth; age 55-59: Marian Kretschmer.

Duels — age 50: Ann Lenz and Marj McClung; age 60: Carolyn Madden and Marty Strawser.

Trio — age 30: Lieneke Keihl, Elaine Pottenger, Ann Williams; age 50: Ann Lenz, Carolyn Madden, Marty Strawser; age 60: Jess Eastwood, Marge McClung, Jean McMaken.

Teams — age 20s: Kathy Kane, Lieneke Keihl, Chare Muth, Bee O'Hara-Towner, Elaine Pottenger, Ann Williams; mixed team age 20: Kathy Kane, Lieneke Keihl, Marian Kretschmer, Bee O'Hara-Towner, Frank O'Hara-Towner, Elaine Pottenger, Jeanne Schlagetter, Ann Williams; 60 and over: Jess Eastwood, Adele Gibbs, Ann Lenz, Carolyn Madden, Marge McClung, Jean McMaken, Marty Strawser.

NEIGHBORS

Synchronettes capture national title

'No one realizes how difficult it is'

By Ron Jackson
SPECIAL WRITER

They are a swim team, but the Dayton Synchronettes' commitment to excellence is anything but watered down.

The masters synchronized swimming team trains twice a week at the Dayton Central YMCA. The workouts intensified weeks prior to the 1987 Masters National Synchronized Championships held at the University of Richmond (Va.) Oct. 8-11.

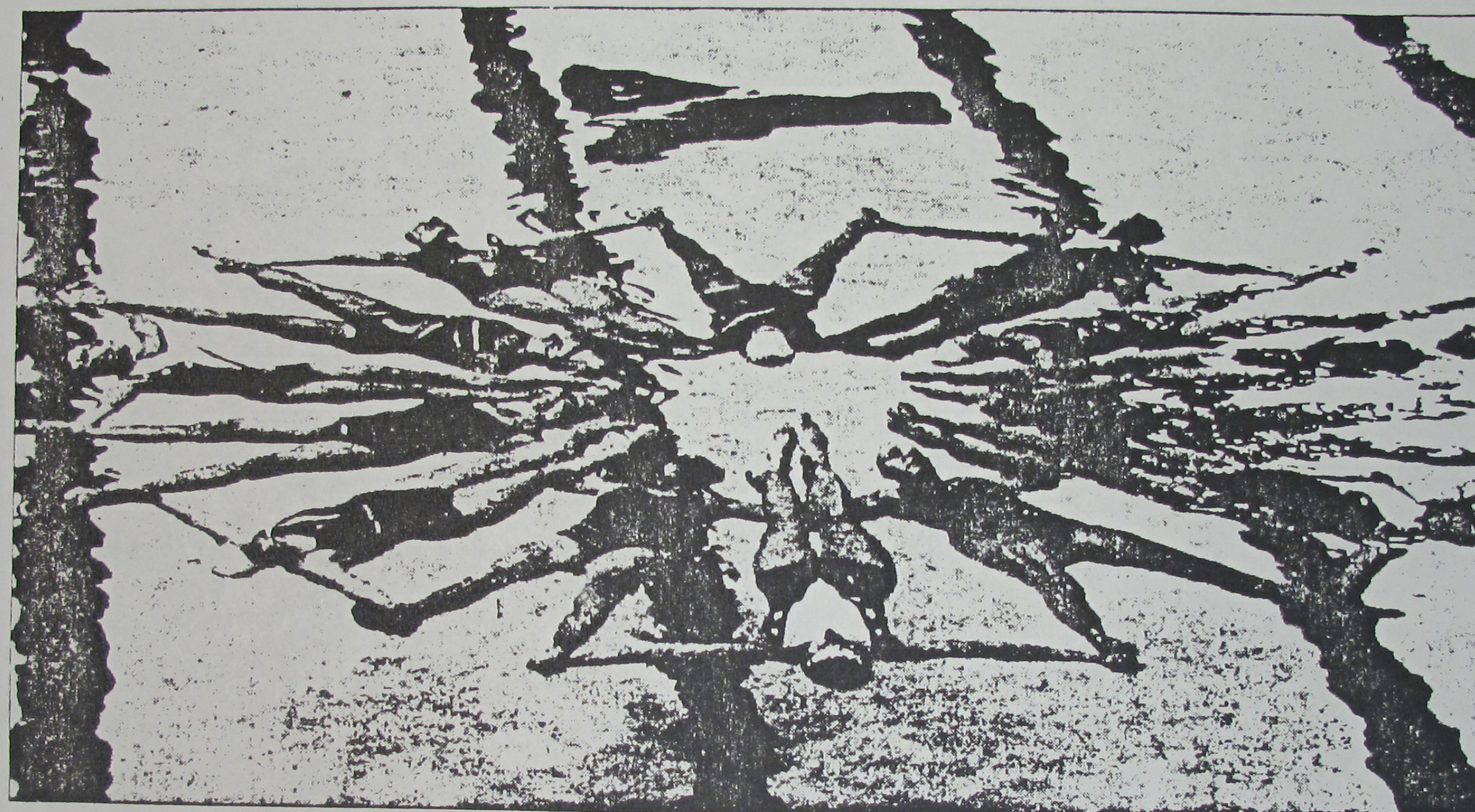
For the sixth time, the Dayton Synchronettes easily captured the overall national team title, taking 10 gold medals out of a possible 15. The events included solo, duet, trio, mixed (men and women) and team (consisting of four to eight swimmers).

There were 200 competitors from 30 clubs from Canada and the United States, including teams from California, Florida and Texas.

"I don't know why we endure and why we dominate," said Synchronettes director Marj McClung, of Washington Twp. "Maybe it's because we truly enjoy the sport, the beauty of it and we all feel better for it."

McClung pioneered the club in 1952. She remains director of the team that attracts men and women ranging in age from 24 to 71. Swimmers from as far as Columbus travel to Dayton for the practices at the Central YMCA.

The sport has come a long way since the days of Esther Williams, who swam her way through movies. Synchronized swimming probably can best be described as a combination of athletics and aesthetics. Synchronized swimmers go through a number of required and optional routines known by such



WALLY NELSON/STAFF PHOTOGRAPHER

Dayton Synchronettes afloat in success during practice at the Central YMCA swimming pool

names as Eiffel Tower, Contra Crane, Dolphin and Castle. Because it's an arty type of competition, many scoff at the idea of calling it a sport.

The routines are done to music. Like diving and figure skating, synchronized swimmers are judged by their execution and the difficulty of the performance.

"No one realizes how difficult it is," said Marty Strawser, a 17-year veteran of the club. "I also do a lot of lap swimming, but that's boring. In synchronized swimming, you have to execute skills nicely and you can't show the strain when you come out of the water. You're under water for 30 to 45 seconds and when you come up you can't be

gasping for air. You have to s-m-i-l-e.

"You can't take off a month and come back and expect to do well either. One of the great things about this masters swimming is I'm not afraid to admit my age (63). You want to get old so you can be the best in your age group."

Marian Kretschmer has spent the last 28 years nurturing the Dayton Aquanymphs 18-and-under synchronized swimming team. She is also one of the mainstays of the 45-and-over team.

"It's something you get hooked on," said Kretschmer, of Dayton. "All of us enjoy participating in a wonderful sport. We don't have to worry about

shin splints. It's a very comfortable sport once you have command of the water.

"It's inspiring to see our 60-and-over women do so well and win every year. I only hope I look as good as they do when I'm in my 60s and 70s."

Members of the gold-medal winning 60-and-over team were Jess Eastwood of Bellbrook, Adele Gibbs of Kettering, Anne Lenz of Kettering, Carolyn Madden of Dayton, McClung, Jean McMaken of Washington Twp. and Strawser.

The winning 20s team was made up of Kathy Kane of Dayton, Lieneke Keihl of Dayton, Chare Muth of Columbus, Dee O'Hara-Towner of Columbus,

Elaine Pottenger of Germantown and Ann Williams of Oakwood.

The first-place mixed 20s group consisted of Kane, Keihl, Kretschmer, Pottenger, Jeanne Schlagetter of Vandalia, Williams, and the husband-wife team of Frank Towner and Dee O'Hara-Towner.

The 45-and-over squad finished second. Making up the team were Madelyn Coons of Waynesville, Kretschmer, Marilyn Miller of Medway, Shirley Monce of Tipp City, Vera Stewart of Kettering and Schlagetter.

The Synchronettes also won gold medals in the solo, duet and trio competitions.

By SKC
Date 10-14-57
Amount 35.00
FOR OFFICIAL USE ONLY

Articles of Incorporation

-of-

The Dayton Synchronettes
(Name of Corporation)

The undersigned, desiring to form a corporation, not for profit, under Sections 1702.01 et seq., Revised Code of Ohio, do hereby certify:

FIRST. The name of said corporation shall be The Dayton Synchronettes

SECOND. The place in Ohio where the principal office of the Corporation is to be located is
Dayton, Ohio County.
(City, Village or Township)

THIRD. The purpose or purposes for which said corporation is formed are:

To promote synchronize swimming at a National and International level for Master Athletes.

This organization is organized exclusively for charitable and educational purposes within the meaning of section 501 (c) (3) of the Internal Revenue Code.

"Notwithstanding any other provision of these articles, the corporation shall not carry on any other activities not permitted to be carried on (a) by a corporation exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code of 1954 for the corresponding provision of any future United States Internal Revenue Law) or (b) by a corporation contributions to which deductible under section 170 (c) (2) of the Internal Revenue Code of 1954 for the corresponding provision of any future United States Internal Revenue Law."

"Upon the winding up and dissolution of this corporation, after paying or adequately providing for the debts and obligations of the corporation, the remaining assets shall be distributed to a nonprofit fund, foundation, or corporation which is organized and operated exclusively for charitable, educational, religious and/or scientific purposes and which has established its tax exempt status under section 501 (c) (3) of the Internal Revenue Code."



Prescribed by
SHERROD BROWN
Secretary of State
30 East Broad Street, 14th Floor
Columbus, Ohio 43266-0418

Form AGO

ORIGINAL APPOINTMENT OF STATUTORY AGENT

The undersigned, being at least a majority of the incorporators of

THE DAYTON SYNCHRONETTES

(Name of Corporation)

, hereby appoint

Marjorie McClung

(Name of Agent)

to be statutory agent upon whom any

process, notice or demand required or permitted by statute to be served upon the corporation may be served.

Complete address of the agent is: 6823 Yankee Street
(Street)

Dayton,

(City or Village)

Montgomery County, Ohio 45459

(Zip Code)

Date: X

X
Marjorie McClung (Incorporator)

Carolyn Madden (Incorporator)

X
Marty Strauser (Incorporator)

Instructions

- 1) Profit and non-profit articles of incorporation must be accompanied by an original appointment of agent. R.C. 1701.04(C), 1702.04(C).
- 2) The statutory agent for a corporation may be (a) a natural person who is a resident of Ohio, or (b) an Ohio corporation or a foreign profit corporation licensed in Ohio which has a business address in this state and is explicitly authorized by its articles of incorporation to act as a statutory agent. R.C. 1701.07(A), 1702.06(A).
- 3) The agent's complete street address must be given; a post office box number is not acceptable. R.C. 1701.07(C), 1702.06(C).
- 4) An original appointment of agent form must be signed by at least a majority of the incorporators of the corporation. R.C. 1701.07(B), 1702.06(B).

FOURTH. The following persons, not less than three, shall serve said corporation as trustees until the first annual meeting or other meeting called to elect trustees.

GIVE STREET AND POST OFFICE ADDRESS

Marjorie McClung - Statutory Agent

6823 Yankee Street - Dayton, Ohio 45459

Carolyn Madden

1031 Berkshire Road - Dayton, Ohio 45419

Marty Strawser

5471 Paddington Road - Dayton, Ohio 45459

IN WITNESS WHEREOF, we have hereunto subscribed our names, this 28 day of September, 19 87.

Marjorie McClung - Director

Carolyn Madden - Secretary

(Incorporators' names should be typed or printed beneath signatures)
Marty Strawser - Treasurer

N.B. Articles will be returned unless accompanied by Form C-103 designating statutory agent.
See Section 1702.06, Revised Code.

UNITED STATES OF AMERICA,
STATE OF OHIO,
OFFICE OF THE SECRETARY OF STATE.



I, SHERROD BROWN,
Secretary of State of the State of Ohio, do hereby certify that the foregoing is an ex-
emplified copy, carefully compared by me with the original record now in my official
custody as Secretary of State, and found to be true and correct, of the

ARTICLES OF INCORPORATION
OF
THE DAYTON SYNCHRONETTES
(AN OHIO NOT FOR PROFIT CORPORATION)
(CHARTER NO.)

filed in this office on the 19th day of October A.D. 1987
and recorded on (11) Roll (Volume) , Frame (Page) of
the Records of Incorporations.



WITNESS my hand and official seal at
Columbus, Ohio, this 26th day
of October A.D. 1987.

Sherrod Brown

SHERROD BROWN
Secretary of State



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